

What to look for

Redness, inflammation, and breaks in the skin. Your skin may feel irritated, itchy or sore. If found by yourself please report it to your nurses, they will document and sometimes take a photograph for your records with your consent.



Moisture Associated Skin Damage (MASD) or moisture lesions

Manage excess moisture

Cleanse regularly with a pH balanced soap if able, a nurse can help with this if you are unable to do so. You may be given a barrier cream or product to use on your skin, your nurse can apply this if needed. You may be given a certain regime to follow with the supplied product, such as cleansing wipes and creams.

Repositioning

Changing your position regularly will help. If unable to do so your nurse can do this for you, you may also have a repositioning regime in place, in which the nurses will help you to reposition as much as every 2 hours. You may also be transferred onto a specialist mattress. If you have any concerns please speak to the nurse providing your care.

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Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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Marshall's Cross Road,
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PR8 6PN
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If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

MASD is a complex and increasingly recognised condition.

It is caused by an overexposure of bodily fluids to the skin, which can compromise its integrity and barrier function making it susceptible to damage.

Moisture can be from urine, faeces, perspiration (sweat) or fluid from a wound. If not controlled, it can cause moisture lesions – open wounds which can be sore, irritated, itchy or infected. They can also increase the risk of developing pressure ulcers.

This leaflet will give you advice on how to keep your skin healthy and reduce the risk of moisture related skin problems.

You may have also been given this leaflet from your healthcare provider, if you have developed MASD or if they feel you are at risk of developing it. A plan of care will be commenced by your healthcare professional, to prevent or manage moisture related skin problems.

Types of MASD

Incontinence Associated Dermatitis (IAD)

This is skin damage associated with exposure of your skin to urine, faeces or a combination of both in adults, also known as nappy rash in children and babies. IAD can have significant detrimental effects on your quality of life, causing significant discomfort and in some cases both physical and mental distress.

Peri-stomal dermatitis

This refers to skin damage where there is a clear interaction of skin and stoma fluids/output. This can cause inflammation and/or erosion of the skin due to the moisture from faecal, urinary or chemical irritants at the region of the body which the mucosa transitions to the skin.

Intertriginous dermatitis

This occurs where 2 separate surfaces of the skin are in contact with each other. Caused by a response to body fluids trapped in the skin and repetitive movements causing friction and shearing, mixed with humidity and reduced air circulation causing skin damage.

Peri-wound maceration

Occurs when a wound is too moist and affects the surrounding skin, making it vulnerable to breakdown and increasing the risk of the wound to become larger.

Factors that increase the risk of MASD

- Incontinence – urine and/or faeces and amount of time skin exposed to these
- Immobility
- Increased age
- Obesity – increase in skin folds, sweat, friction and heat
- Perspiration
- Formation of stoma
- Poor skin hygiene
- Poor skin condition
- High levels of wound fluids
- Poor nutrition
- Incorrect drying of skin
- Critical illness
- Diabetes
- Malnutrition



Prevention and management

It is expected that you will be risk assessed whilst in hospital and plans of care commenced to reduce the risk of the development of MASD and support from the nurses, yourself and/or carers may be required.